

Fever: Here's Help

What is a fever exactly?

Well, it's really a symptom of something... a cold, the flu, or another infection.

Sometimes a fever can be a sign of other health problems.

A fever is how your body fights infections. [laser sounds, explosions] It's your body's way of making it hard for the virus or whatever is causing your infection to stay around.

But a fever is hard for you too.

And that's why you don't feel well.

Your doctor will want to know what else is going on along with your fever.

Most of the time the illness that caused the fever will go away in a few days.

You can try these things at home to feel better: One, take an over-the-counter medicine such as acetaminophen, ibuprofen, or naproxen.

These are fancy names for Tylenol, Advil, Motrin, and Aleve.

Read and follow the directions on the label.

And ask your doctor what medicine is right if your child has the fever.

Two, drink plenty of fluids. [gulp] And three, many people find that taking a lukewarm shower or bath makes them feel better when they have a fever.

Sometimes a fever can be a sign of something serious.

So call your doctor if you have new symptoms with the fever, such as pain when you urinate, a rash, difficulty breathing, or belly pain.

You could think of a fever as the heat from a battle between your body and an infection. [laser sounds, explosions] So take time to rest and let your body fight the good fight.